



Hypertension Institute of Nashville
Saint Thomas Hospital
4230 Harding Road
Suite 400
Nashville, Tennessee 37205
Tel: (615) 297-2700
Fax: (615) 467-0365
Email: mhoustonhsth@yahoo.com
Web Site: www.hypertensioninstitute.com

OSTEOARTHRITIS NUTRITIONAL SUPPORT PROTOCOL

Lifestyle Recommendations:

1. Properly stretch your muscles and joints every day. Engage in 30 minutes of activity. Try yoga or Pilates, slow swimming or easy walking and 20 minutes of resistance training with small weights or stretching bands 4-5 times a week, physical therapy, heat or cold treatments and/or massage.
2. Engage in spirituality through meditation, relaxation, faith, prayer and religious commitments.
3. Maintain an ideal body weight; waist circumference (WC <35 inches in females and <40 inches in males); waist:hip ratio of less than 1.0 for men and 0.8 for women; percent body fat 18-25% for women and 10-18% for men and keep your BMI between 18.5 and 24.9.
4. Practice good sleep habits and get between 8-9 hours of sleep a night.
5. Avoid or minimize alcohol consumption to 4 to 6 ounces of red wine per day.
6. Take hot baths with Epsom salts and plain MSM powder.

Dietary Recommendations:

1. Increase the amount of omega 3 fatty acids in your diet (i.e. large cold water fish), green leafy vegetables, soy (use only fermented soy at about 30 grams per day), walnuts and pumpkin seeds, decrease saturated fat and avoid trans fatty acids (hydrogenated margarines and vegetable oils). Cook with olive oil, at low temperature.
2. Incorporate one of these seasonings in every day: rosemary, oregano, tumeric, garlic or ginger.
3. Consume 10 servings of vegetables/fruits every day. Substitute complex carbohydrates (non-starchy vegetables and whole grains) for refined sugars. Avoid white flour and refined carbohydrates.
4. Eat berries, pineapple, celery, broccoli and Brazil nuts.
5. Limit foods in the "night-shades" category, i.e. tomatoes, potatoes, eggplant, bell peppers, paprika and dairy products and avoid safflower, corn and sunflower oils.
6. Choose lean or low-fat high quality proteins at each meal: chicken breast, turkey breast, lean beef, fish (especially salmon and tuna), egg whites or whey protein. Use low-fat dairy.
7. Drink at least 100 ounces of filtered, bottled or distilled water every day. In addition, drink 2-3 cups of green tea (naturally decaffeinated).
8. Avoid soda drinks.
9. Avoid artificial sweeteners, aspartame, Splenda® and saccharin (Equal®, NutraSweet®); use stevia, cinnamon and xylitol as sweeteners (½ teaspoon 2-3 times per day).

Supplement Recommendations:

Foundation:

Complete Multi:	3 capsules twice a day
ArthroSoothe:	2 capsules twice a day
Glucosamine Sulfate 1000 mg:	1 capsule twice a day
Omega Ultra Marine:	2 softgels twice a day

Step 1:

Krill Oil:	1 softgel twice a day
MSM Capsule or Powder:	2 capsules twice a day (up to 10 grams per day)
Inflammatone:	2-3 capsules twice a day (on an empty stomach)

Step 2:

Grape Seed Supreme:	1 capsule twice a day
SAME:	2 tablets per day
EGCg:	1 tablet twice a day
Three a Day Antioxidant:	1 capsule three times a day or 3 capsules once a day